



# PIE PLATE

## 2006



**THE OFFICIAL MAGAZINE OF THE  
TORONTO ULTIMATE CLUB**

# TORONTO ULTIMATE CLUB

Since 1980



## 2006 Board of Directors

Chair	ALISON FLETCHER
ANDREW HUNTER	KIRK NYLEN
ROB BOTMAN	ROBERT CAMP
RENÉE TRATCH	SARA BEHESTI
SEAN EVANS	STÉPHANE LEVAC

## 2006 Executive Committee

President	THOMAS MEYER
Treasurer	CINDY PATRINO
Chair, Sport Development	ETHAN MILBERG
Webmaster	GREG SCHMIDT
Chair, Volunteers	KIRK BROWN
Chair, Events	MIKE PEZZACK
Chair, Touring	RAHIL SULEMAN
Chair, Land Committee	ROB BOTMAN
Chair, Communications	SHO SHIN-FEENEY

## TUC Staff

General Manager	JASON ROBINSON
Member Services Coordinator	IAN BROOKS

## Pie Plate 2006

Editor	SHO SHIN-FEENEY
--------	-----------------

## Contributors

ADRIAN YEARWOOD	ALISON FLETCHER
CINDY PATRINO	DONNA MORITSUGU
JASON ROBINSON	JUAN GOMEZ
RAHIL SULEMAN	ROB BOTMAN

Photography	CRAIG STEPHEN
-------------	---------------





98

## MISSION STATEMENT

The Toronto Ultimate Club  
is a not-for-profit organization that provides a quality  
Ultimate experience,  
dedicated to the integrity of the sport and the  
Spirit of the Game,  
in the greater Toronto community.





# PRIORITIES, TRANSITION, CHALLENGE, CHANGE

**I**N 2005-2006 TUC WAS IN ITS INFANCY TO BECOMING A PROFESSIONALLY RUN ORGANIZATION with fully paid staff. We had very aggressive growth goals and admittedly not always the best plans to achieve those goals. Through our successes and mistakes we learned the importance of team goal congruence and how critical it is to have staff and volunteers who share the long-term vision and objectives of the Board.

Our greatest accomplishment this past year was getting our house in order — And for that we owe a debt of gratitude to Jason Robinson, the newly hired General Manager. Jason came to the TUC well-heelled in sports administration and has spear-headed the actualization of development opportunities we had spoken of for years. To maintain our viability as the leading provider of competitive and recreational Ultimate in Toronto, TUC needed to get organized, stay on top of the day to day and be honest about how we were doing as a business to take timely action on issues that needed our attention.

As a Club, we are now confident of where we stand today to make educated decisions for the immediate, short-term and long-term future.

We believe in TUC being around for years to come in an environment that is increasingly competitive: a City that's tight for green space; delivering on what the membership wants in a financially responsible way that ensures our long-term existence.

We believe that Ultimate can and should be organized by its own players, in a not-for-profit environment — just as our games are self officiated and guided by Spirit of the Game.

Together with Jason and the Executive Committee, the Board developed a TUC Vision, a Mission, and formalized the Values through which we would reach those goals.

Our priorities were identified: Having *Fun* playing Ultimate. Working for the members with *Integrity*. Treating each other, the membership, and its investment in the Club with *Respect*. Being *Accountable* for the decisions we make and being proud of the work we do.

Then we managed the day to day with good guidance. We re-developed policies to reward our essential, invaluable volunteers for the time, effort and energy given to the Club. We continued our long-term aim to develop Toronto Juniors with policies to ensure that young adults can play Ultimate with TUC in a carefree and protected environment. We took a strong position to ensure our regular members were protected as well — and took action against individuals and teams that did not demonstrate the Spirit of the Game — an essential and critical element that defines, identifies and sets apart the Toronto Ultimate Club.

The Board, staff and volunteers of TUC are aligned in our overall goals and committed to setting an effective long-term strategic plan that will focus on what members expect from us on an ongoing basis, and new low-risk initiatives that delight and surprise them.

Finally, the Board and Executive Committee were realigned to better reflect how its standing volunteers both guide the organization and work with the GM to optimize the TUC. I thank the members of this past Executive and Board for their time, and look forward to collaborating with my new colleagues in 2007.

I'm personally very passionate about playing Ultimate in Toronto and strive to chair the Board in a way that benefits fairly members of all levels. I serve the TUC with pride, and thank you for the support to do this job.

— Alison Fletcher | [chair@tuc.org](mailto:chair@tuc.org)



Ultimate relies upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, belligerent intimidation, intentional fouling, or other "win-at-all-costs" behaviors are contrary to the spirit of the game and must be avoided by all players.

TORONTO  
Spirit of the Game.  
Play with Spirit.  
ULTIMATE

**W**HAT A YEAR FOR THE TORONTO ULTIMATE CLUB! We brought on new staff, new policies, and even a new website to keep up with the organizational and fiscal demands. TUC has evolved into a sport organization that reflects its changing environment and offers professional services to its membership.

The biggest change of 2006 was COMMUNICATION. The membership demanded improved sharing of information about league and events, so we tackled this head-on.

*We focused on a Club that is fiscally responsible, poised for growth, communicates effectively, and provides a level of satisfaction that paying members demand.*

A TUC Event Calendar was mailed out, LAYOUT content was improved and frequency increased, the website was continuously updated, and a finance letter was included in each member's package — no stone was left unturned.

What else you ask? Junior programs increased (Catch the Spirit grew 100%, Juniors Ultimate Spring Tournament 33%, Juniors League 10%) in 2006. Tournaments (ULW, Mid-Season, 3 Hat's), clinics (8), and social events (Canada Day Party, Summer End Party) were aplenty. Spirit incidences were taken seriously and sanctioned where

necessary. Our new website was launched in October, providing more functionality at a fraction of the cost to the Club. Fall League now boasts a flourishing single gender night, an 'indoor team night', an additional venue, and a financially viable budget.

And we sponsored a spring community clean-up of Flemingdon Park.

*Did I mention that we had more games at Sunnybrook this summer than ever before?*

2006 was less about frills and more about substance. We focused on a Club that is fiscally responsible, poised for growth, communicates effectively, and provides a level of satisfaction that paying members demand. This was largely accomplished by dedicated volunteers who the Club is lucky to have.

We hope to keep the torch burning bright in 2007 and encourage all members to stay in touch and enjoy the TUC experience.

— Jason Robinson | gm@tuc.org



Cleaning up Flemingdon Park



Jason Robinson & Ian Brooks on the job at ULW.

1. The count consists of the marker loudly announcing "stalling" and counting from one to ten loudly enough for the thrower to hear.

a) All intervals between the beginning of one word and the beginning of the next are to be a minimum of one second.

b) All stall counts, whether initiated, re-initiated or resumed, must start with the word "stalling."

2. Only a marker within three meters of the thrower's point of ground contact may initiate or continue a stall count.

If an offensive player stands over a disc without taking possession, the marker may issue a "delay of game" warning. If the disc is not picked up, the marker may initiate and continue a stall count regardless of the actions of the offense.

3. If the thrower has not released the disc at the first utterance of the word "ten," it is a turnover. The marker loudly announces "stall" and play stops.

## Continuation

Whenever a call is made, play continues until the thrower in possession acknowledges the call.

If the disc is in the air or the thrower is in the act of throwing at the time of the call, play continues until the outcome of that pass is determined.



# 2005 FINANCES



**T**UC HAD A CHALLENGING FISCAL 2005 finishing with a \$57,000 deficit despite a revenue of \$400,000, up nearly 7% from 2004. 2006 promises more encouraging results thanks in large part to a realistic budget in place and diligent effort made by the Club to break-even or perhaps succeed to enjoy a profit.

League fees remained the largest source of revenue in 2005 at \$210,000.

The cost of the 2005 Membership packages was higher than budgeted with t-shirts and membership package mailing expenses of \$39,000 and \$11,500, respectively. This high-priced and manually demanding experience was not to be repeated. In 2006, membership packages with Daredevil Discs resulted in a much anticipated savings of over \$22,000. The objective for 2007 is to reduce this cost by an additional 50%.

The decision to upgrade our office space for an expanded TUC shop presence saw merchandise sales grow 85% to \$27,000. While revenue growth was realized, associated costs of expansion ultimately left TUC in a net loss position.

Field Fund contributions in 2005 totalled \$76,341. The Fund now stands at \$222,000.

Administrative overhaul and strong sustained effort from Board and staff have already yielded tangible financial improvements from the past, and a much more favourable position overall than where we were 2005.

Club membership fees and summer team registration resulted in a revenue of \$140,000.

While our revenue forecasts are likely to fall short of the budget, significant cost savings have already been realized. The GM, and Club overall, has demonstrated a concerted effort to remain fiscally solvent to secure the Club's long-term viability.

— Cindy Patrino | [treasurer@tuc.org](mailto:treasurer@tuc.org)

- 2,775 Members
- 91 Juniors
- 48 Outdoor Fields
- 3 Indoor Venues
- 16 Spring Teams
- 216 Summer Teams
- 50 Fall Outdoor Teams
- 23 Fall Indoor Teams
- 32 Winter Indoor Teams
- 7 Tournaments
- Over 2700 Games
- 13 Leagues
- 25 Incident Reports
- 5 Parties
- 10 Touring Teams
- 2 National Championship Teams
- 80 Volunteers
- \$165 K for Field Permits
- 1 New Website
- 2 Exhausted Office Staff
- 26 Years of Evolution

## Disc coming in on ...

Any time the marker's count is interrupted by the call of a stall, foul, violation, strip, time-out, fast count, or double team, it is the responsibility of the thrower and marker to agree upon the correct count before the check. The count reached is the last number uttered by the marker prior to the call. The count is resumed with the word "*stalling*" followed by the number listed below after a one second interval:

- a) Defensive Foul/Strip Uncontested .....one
- b) Defensive Foul/Strip Contested ..... count reached plus one or 6 if over 5
- c) Offensive Foul Uncontested ..... count reached plus one
- d) Offensive Foul Contested ..... count reached plus one or 6 if over 5
- e) Violations By Offense ..... count reached plus one or 6 if over 5
- f) Violations By Defense .....one
- g) Fast Count/Double Team:
  - First Call ..... count reached minus one; disc is in play.
  - Second Call ..... one; with a check.
- h) Contested Stall ..... nine
- i) Offsetting Calls ..... count reached plus one or 6 if over 5
- j) Unresolved Calls ..... count reached plus one or 6 if over 5
- k) Equipment time-out by defense ..... count reached plus one or 6 if over 5
- l) Equipment time-out by offense ..... count reached plus one

# A YEAR IN TUC



January

*New Year's Day Pick-Up  
TUC-supported All-Nighter Tournament  
Co-ed Winter Indoor Begins (14 weeks)*

March

*Catch the Spirit! Juniors Tournament*

April

*2 Indoor Co-ed Skills Clinics  
Beginner's Co-ed Skills Clinic  
Indoor Women's Skills Clinic & Scrimmage  
Touring Information Session  
Men's & Women's Spring Leagues Begin (5 weeks)*



May

*TUC Hat Tournament  
Lotus Women's Skills Clinic  
GOAT Men's Skills Clinic  
Ultimate Long Weekend  
Co-ed Skills Clinic  
Juniors Ultimate Spring Tournament (JUST)  
Summer Captains Meetings  
Summer League Begins (16 weeks)*



June

*TUC Hat Tournament  
Toronto Juniors Summer League Begins  
TUC Canada Day Party*



July

*Co-ed Skills Clinic  
TUC Midseason Tournament*

August

*Canadian Ultimate Championships  
TUC Hat Tournament*



September

*Men's & Women's Fall Outdoor Leagues Begin (6 weeks)  
TUC Annual General Meeting  
Co-ed Fall Outdoor League Begins (10 weeks)*



October

*Men's, Women's, Co-ed Fall Indoor Leagues Begin (12 weeks)*

November

*Fall Indoor Co-ed Skills Clinic*

December

*TUC Shop Christmas Sale  
TUC Volunteer Party*





# SUMMER CHAMPIONS

## Monday

- Champions** *Mandrew*
2. Ruckus
  3. BCP
  3. Red Hot Choad
  5. Big Hammers
  6. Ninjastars
  6. Scooberella
  8. Load N' Go
  9. I'm Idahucker
  10. Disc-Horde



## Tuesday

- Champions** *M.O.B.*
2. NBF
  3. The Superfreaks
  3. Burt Reynolds
  5. Lounge Lizards
  6. Horizontally Hip
  6. DURT
  6. Discoteque
  9. Mad Flanders
  9. Huckstables

## Wednesday

- Champions** *SWEET*
2. Pee Wee
  3. Redi Knights
  3. Aerosol Headcheese
  5. Colonel's Secret Recipe
  6. Donkey Venom
  6. Hot Cousins
  8. IMOD
  9. Monster
  10. Hammered Penguins Redux



## Thursday

- Champions** *Turd Ferguson*
2. Huck Finn
  3. Big Hammers 3
  3. Cutbacks
  5. Release the Hounds
  6. POKAI
  6. Jim Rockford
  8. Numbskulls
  9. Once Hucked Twice Laid





**VISION STATEMENT.** Performing our Mission... to perfection.

The Toronto Ultimate Club is a world-class community sport organization.

We provide Ultimate leagues and programs that foster player development, social activity, and community involvement. Our club is well-managed, resourceful, and open to all.

Spring | Summer | Fall | Winter  
Indoor, Outdoor | Men's, Women's, Co-ed





I'm part of the TUC VIP!

The TUC Volunteer Incentive Program (VIP) was only one of the reasons I chose to give back to the league I play in.

The VIP tracks total volunteer hours and rewards each volunteer based on his or her efforts. Tracked volunteer hours can be converted to swag from the TUC shop — I snagged the Ultimate Techniques & Tactics book that I'm hoping will improve my game. Volunteer hours can also be used for practice time on fields for touring teams.

There were numerous events in 2006 that many volunteers pitched in to help, instruct and it was the group that cleaned up garbage at Flemington Park for the Community Clean-Up, put on a demonstration and clinic at the Canadian Aboriginal Festival at the Rogers Centre, league conveners who ensured that fields, scheduling and scoring were sorted out, our volunteers came through. With players instructing at Clinics, helping teams with strategy and skills through Coach for a Day, or helping with tournament set-up and score gathering, there was always a group of cheerful individuals, hoping to make your TUC experience more enjoyable.

coordinate. Whether those that or the teens

We can't thank Doug Coote, who was named the 2006 Volunteer of the Year, enough. Working at the many tournaments that TUC hosted, picking up garbage, and being available whenever asked, Doug was there. With his repeated volunteer time at tournaments, he has mastered the art of setting up fields at Sunnybrook.

TUC is a volunteer based organization: leagues, tournaments and special events possible only through the contribution of volunteer time and effort.

Thanks to all the volunteers in 2006 — Our Club wouldn't be what it is today without you!

— Donna Moritsugu



Volunteer of the Year : Doug Coote

MIDSEASON TOURNAMENT





## How does TUC obtain fields?

TUC rents fields from the Toronto and Catholic School Boards, the City of Toronto and other organizations. We work very hard to obtain the best possible fields for the Club, constantly searching for more fields and those with better playing conditions. In 2006 over 1,000 Ultimate games were organized by the TUC – that's a lot of permits.



## Why is my game HERE when I requested THERE?

Teams and players are asked at registration for their 'preferred' playing locations. We do our best to match teams to their requested zones, but that's easier said than done! With 65% of our membership living in Central Toronto and only 25% of the summer fields in the same area... Well, it's a challenge.

The final schedule is our best effort to have a fair and even balance of teams playing in their preferred quadrants; teams are shuffled amongst fields for equal opportunities to play on the best fields and in the best locations. Teams scheduled for their non-preferred areas is a reflection of the overwhelming demand versus available supply.

## Why can't we get this field space when it seems to go unused for weeks?

We feel your frustration! We do our best when an unused field is brought to our attention to permit it for games. In some cases, fields are taken out of circulation for repair by their owners and, in others, fields are permitted by groups that are not using them – Often field permits don't change hands from year-to-year because the owners prefer to let incumbents renew their permits. Policies like this handicap Ultimate, a new and growing sport in direct competition for space with soccer, rugby, field hockey, baseball and other organized user groups. TUC continues to work with field owners to address issues like this.

## What is TUC doing to secure new fields?

Our staff continues to work with School Boards, the City of Toronto and other public/private entities to secure new fields (and retain existing ones). Despite the challenges, TUC has met its field requirement each year, and strives to obtain more and of higher quality in the GTA. In 2006, six more summer league games per week were played at Sunnybrook Park, and the Metro Sports Centre and Varsity Centre at the University of Toronto were added as indoor facilities for Fall/Winter leagues.

## What is the TUC Field Fund?

In 2003 it was determined that a portion of all individual membership fees would be allocated to a capital fund called "The Field Fund." The purpose of the Fund is to accumulate capital for future use to acquire, develop, maintain, improve and otherwise support the Club's ability to obtain playing fields. A precedent exists for large Ultimate organizations to build their own fields – Ottawa Carleton Ultimate Association successfully built its own Ultimate field complex. The TUC Field Fund is steadily growing and the Club is actively looking for suitable public or private field development opportunities.

In 2006, the Field Fund stands at \$222,000.

## What can I do to help TUC's current field situation?

If you hear of new field developments, find unclaimed space, or have ideas for a business plan let us know! You can also contribute to TUC Community Clean-up projects, like the one we did at Flemingdon Park in April. The TUC is a non-profit community organization that plays most of its games on public fields, so it helps us a great deal to maintain a good profile in our community.

*You might know something that we don't – If you know of a field that could be permitted for use, please let us know.*

The TUC Lands Committee could always use more entrepreneurial minds. If you are interested in volunteering please contact [lands@tuc.org](mailto:lands@tuc.org).

— Jason Robinson with Rob Botman | [lands@tuc.org](mailto:lands@tuc.org)



Catch the Spirit "A" division winners  
Sacred Heart Catholic High School

# TORONTO TORONTO ULTIMATE JUNIORS PROGRAM juniors@tuc.org ULTIMATE

Photo : TUC



J.U.S.T. winners Ursuline College of Chatham

**C**ONTINUED DEVELOPMENT OF JUNIORS ULTIMATE IN TORONTO IS A CRITICAL FOCUS OF TUC. By hosting tournaments like Catch the Spirit! and the Juniors Ultimate Spring Tournament (J.U.S.T.), TUC works to create excitement for and raise the profile of Ultimate amongst high school athletes in an atmosphere of spirited competition.

Over 250 students from 19 schools participated in Catch the Spirit! this year. Held at the Hangar in March, Catch the Spirit! and J.U.S.T., a tournament of 9 teams held in May, featured many of the City's best young athletes.

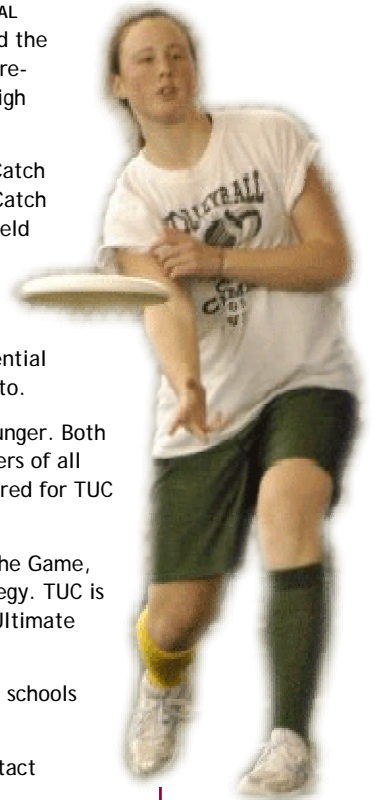
The Toronto Juniors Spring League, including the Markham Juniors Spring League, is another essential element to sustain the growth of Ultimate in Toronto.

TJSL and MJSL are open to players 18 years and younger. Both leagues operate as hat leagues and encourage players of all levels to participate. Over 100 Juniors were registered for TUC in 2006, many rostered on adult league teams.

League goals are (1) have fun, (2) learn Spirit of the Game, and (3) improve individual skills and team strategy. TUC is exploring the possibility of a juniors Summer Ultimate Camp.

TUC needs more volunteers to coach local high schools teams and in the spring leagues.

Visit the Juniors page at [www.tuc.org](http://www.tuc.org), and contact [juniors@tuc.org](mailto:juniors@tuc.org).





# A TALE OF TEAM DIRT

When I, but a simple high school ultimate player, joined DIRT in the spring of 2006, I asked the question which has no doubt been asked by hundreds over the years: "What does DIRT stand for?" The answer, interestingly enough, was "Nothing... it's just DIRT." Naturally, I was intrigued.

There I was, expecting something... definite to ease my curiosity: perhaps clever, perhaps mundane, but in either case, *definite*. Yet there was Fate, cruel as ever, jabbing my curiosity in the ribs. *Alright Fate*, I thought to myself, *I'll play your little game*. Little did Fate know, I had a trump up my sleeve. I had him backed into a corner and he didn't even know it yet. "Why does it look like an acronym on the jersey then?" I asked smugly, foolishly underestimating Fate's ability to wriggle himself out of the tightest of situations. "I don't know... that's just how it looks, I guess."

Outwitted again. I wracked my brain for a direction in which to continue from, but having taken the most devastating mental beating in Yearwood family history (and there have been some quite notable ones), I decided to drop the issue for the time being. But I couldn't help wondering about it whenever I had the chance. DIRT... not an acronym, and yet not quite a complete team name in its simplest form (a blanket term used to describe anything that resembles worm excrement).

I tried everything. I rearranged the letters but all I managed to come up with was "tird," a lovely little homonym for "turd." I stacked the letters vertically but realized that acrostic poems were treading dangerously close to acronym territory, and I wasn't going back in that direction any time soon. I even asked some of my more ethnic friends if the spoken word "DIRT" maybe meant something in any of their languages, but it was to no avail.

I was beginning to lose hope. I started jumping at shadows. I refused to leave my house after dark for fear of the unknown. My family considered hiring a psychiatrist to help me through this "rough time." Not knowing who I could trust, I emptied out a garbage can just down the road from my house, climbed inside, and shut the lid. This may seem like a ridiculous tactic, but the overwhelming smell of my neighbourhood's refuse was both putrid and refreshing, and allowed me to forget about my fears and concentrate solely on not passing out. This was working quite nicely, and after only a couple of hours, I had an epiphany. I had figured it out!

What I realized was that DIRT does stand for something, just not in the same way that an acronym does. The name DIRT is a symbol – a metaphor if you will, standing in place of the word SPIRIT. For, like the character of Linus from Peanuts, we carry the spirit of not only our own team with us, but also that of the previous DIRT team members. Instead of washing away their DIRT (SPIRIT) like a foolish, hygienic, simpleton might do, we keep it there and pack our own DIRT in with it, so that each player leaves his or her own mark. Even though this was my first and unfortunately my last year with the team, I still can't help but feel like I am still a part of it, and that's what being a piece of DIRT is all about. Eureka.

– Adrian Yearwood | DIRT alumnus

## JUNIORS TOURING

Touring is the highest level of play in the nation, and Juniors Touring is an opportunity for younger-aged players to try their hands at competitive Ultimate.

For the last 4 years TUC has sponsored team DIRT, the premier juniors touring team in Toronto. DIRT is a mix of top-notch players from local high schools who practice regularly and travel to regional and national tournaments.

DIRT recently finished 4<sup>th</sup> at the Canadian National Championships and look forward to defending their home soil in 2007.

Think you have what it takes to play with DIRT?

Contact [teamdirt@rogers.com](mailto:teamdirt@rogers.com).

# FACT

**A mortgage broker can help you make better mortgage decisions. THAT'S A FACT.**



**MICHAEL PEZZACK, AMP**  
Mortgage Consultant

T 416.850.2642 / 1.866.644.4613  
pezzack.m@mortgageintelligence.ca

- FACT** Access to over 50 competing banks, trusts and insurance companies.
- FACT** Access to unique mortgages:
  - 100% down with 3% cash back
  - revenue and vacation mortgages without mortgage insurance
- FACT** Up to 90% stated income mortgage for the self-employed.
- FACT** Lower than posted bank rates.
- FACT** Service that meets your hectic schedule – fax, phone, e-mail.
- FACT** Shopping for a new mortgage at renewal can save you thousands.
- FACT** Consolidating high-interest debt using today's great mortgage rates can save you thousands.
- FACT** Using the equity in your home can make your dream home renovation happen.
- FACT** Unbiased advice.
- FACT** No fees (OAC).

™ Trademark of Mortgage Intelligence Inc. \* Registered trademark of Mortgage Intelligence Inc. © Copyright 2005, Mortgage Intelligence Inc. All rights reserved. A GMAC Company.



TUC congratulates Humberside CI on successfully defending their Metro Toronto High School Ultimate League title. Humberside has an incredible 34–2 record in the last two years and placed third in the OFAAA Invitational Tournament held this May.

Other noteworthy teams: Birchmount Park (placed second to HCI), York Mills CI and W.L. MacKenzie CI.



416.656.9800

CONSULT WITH OUR NATIONAL AWARD WINNING PHARMACIST AND CLINICAL NUTRITIONIST.

**15% Discount**

for TUC members on Supplements and Vitamins.

**COMPOUNDING**

We can liaise with your physician to prepare custom medications in both dosage and form, as we do for world class athletes.

- Excessive perspiration
- Pre-Game Rubs -Pain Management
- Analgesic Sprays and Gels

**SUPPLEMENTS**

- Sports Injuries & Inflammation
- Energy Enhancement
- Protein Supplements
- Joint & Muscle Rubs

**Amcare, Haber's and TUC**  
The Ultimate partnership!



**Amcare**

Dedicated to keeping you in the game.

416.781.4494

Sports Bracing Specialists

**15% Discount**

for TUC members on off-the-shelf braces.

We have expert fitters to match the proper brace to each individual.



**Shoulder & Back**

**Wrist Brace**

Pull On, Wrap Around, Neoprene, Elastic



Traumeel by Heel



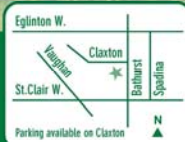
Defiance brace by DonJoy

**Knee Brace**

- Osteoarthritis
- Ligament injuries; ACL/PCL MCL/LCL
- Patellar Instability
- Generalized Pain
- Recent Surgery

**Ankle Brace & Supports**

- Elastic Sleeve, Lace Ups, Subtalar Stabilizer, Stirrup Style



Amcare and Haber's are conveniently located at 1584 Bathurst Street, Toronto.

Amcare: 416.781.4494 Haber's: 416.656.9800

# DAREDEVILDISCS.COM



Making Custom Discs Easy!

175g Ultimate Discs

Contact us for a quote  
[www.daredevildiscs.com](http://www.daredevildiscs.com)





# ULTIMATE LONG WEEKEND

**O**N THE MAY LONG WEEKEND (MAY 19–22), CAMP OLYMPIA IN HUNTSVILLE PLAYED HOST TO THE 2ND ANNUAL TUC ULTIMATE LONG WEEKEND where teams from across Ontario gathered to renew their Ultimate vows. Camp Olympia is a top notch facility located on 40 acres in the heart of Muskoka that boasts a 40' climbing tower, beach volleyball courts, indoor running track, indoor and outdoor basketball courts and an on-site 9-hole golf course. And for one weekend a year, the TUC takes over providing participants with access to all of Olympia's coveted facilities.

The ULW is a Co-ed Ultimate tournament with a twist. Last year in it's initiation, ULW was strictly an Ultimate tournament that pro-

vided access for its participants to all the sporting facilities between games. But in 2006 to make full use of the facilities, we incorporated other sports into the tournament. Teams not only showed off their Ultimate skills, but also strut their stuff in other sporting disciplines.

This event is a perfect opportunity to prepare your summer teams for the season ahead and also a GREAT social get-away. If you like the outdoors, having your meals prepared for you, Spirited Ultimate, games, prizes, and a rockin' nightlife (with free beverages courtesy of Lakes of Muskoka Brewery), then ULW is the tournament for you! It's all about having a good time.

*Plan now to have a spot for your team at ULW 2007.*



## The Ultimate Mortgage Play

We analyze the field of lenders and rate options available to customize the best mortgage deal for you.

**Lenders pay for our services... NOT YOU!\***

TO SCORE A MORTGAGE, CALL:



**Michael Pezzack**  
Mortgage Consultant

Tel: 416-850-2642

Toll free: 1-866-644-4613

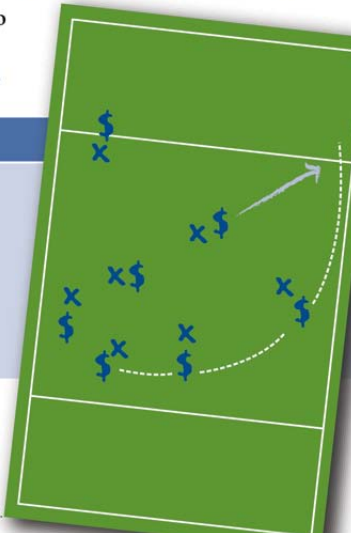
pezzack.m@mortgageintelligence.ca



MORTGAGE INTELLIGENCE

\*For qualifying deals.

TM Trademark of Mortgage Intelligence Inc. © Registered trademark of Mortgage Intelligence Inc.



# TORONTO DOMINATES AT CUC 2006

**T**HE 2006 CANADIAN ULTIMATE SEASON CULMINATED WITH THE CANADIAN ULTIMATE CHAMPIONSHIPS HELD IN HALIFAX over the weekend of August 17–20. Toronto was represented by over 250 players on 4 teams in each the Open and Women's Division, 3 teams playing Mixed and an exuberant Juniors team. Players from TO also rounded out a competitive Masters team. With a Top 4 finish in each division at this year's Nationals, it was a great display of talent from Ontario's capital.

**Open.** *Goat* dominated the Open Division, and surrendered no more than 9 points in any of their games. Andy Ouchterlony took MVP honours in a 17–9 finals victory over *Mephisto*. *Grand Trunk* had a phenomenal tournament, boasting the most improvement of any team, and battled and beat Ottawa's #1 team *Phoenix* for bronze in what was considered one of the best games of the tournament. The Harry Burkman-led *Too Bad*, a squad of over 20 comprising mostly Toronto veterans, finished the tournament in 9th. Toronto's developmental team, *Roy*, playing with a short roster all weekend, gutted out some tough games for a final placement at 11th.

**Women's.** *Lotus*, the team of the tournament, overcame forever rival *Stella* for the Championship in their second meeting of the weekend. In a rousing final, *Lotus* won 15–13 in rain and high winds to claim the Canadian Women's Ultimate Championship. Led by MVP Alyson Walker, *Lotus* gave those fans who were brave enough to huddle together under the stands a magnificent final that included spectacular layout D's, amazing deep strikes, an energy-inspired foot-block and a layout hand-block on game point. *Snatch*, a mostly veteran team of former *Urge* and *Surge* players, relied on their experience and veteran savvy to outlast many younger teams to finish

6th overall. 16-year old Erica Tucker impressed many with her never give in attitude and hustle. *Eve*, back in its sophomore season after a major roster overhaul and philosophy change, finished Nationals at 7th. *Lily*, formed this year as a developmental team with *Lotus*, suffered from injuries and fatigue but finished a satisfying 8th after winning 4 of their first 6 games.

**Mixed.** *The Bombing Madd Fatties* won the bronze medal in Halifax, after hard-contested defeats by eventual finalists, *Chaos* and *Camelot*. *The Fatties* played inspired ultimate, losing a one-point game in a tough match against *Chaos*. *Zen*, in its second year of competitive play, went to Halifax contending for a top 8 finish. After a good tournament, they beat annual rivals *Liquid*, and Ottawa's #1 team *Hammerheads* to finish 7th. *Here to Pickup* was a mixed team put together at the last minute with players from southern Ontario. The mixed division's Spirit Champions, they went to Halifax to gain experience and have a good time, and finished 15th along the way.

**Juniors.** *DIRT* went to Halifax behind a very up and down season. They beat their provincial rivals *OJ*, to make the semi's, ending up 4th. The Toronto Juniors experienced a lot over the 3 days, hopefully becoming better, more spirited players in the process.

With Nationals in Toronto next year, it's great to see Toronto teams doing so well.

– Rahil Suleman | [touring@tuc.org](mailto:touring@tuc.org)



**GOAT –**  
Open Division 2006 Canadian National Champions



**Lotus –**  
Women's Division 2006 Canadian National Champions



# TUC VALUES

Our core beliefs that guide us in fulfilling our Mission.

## Integrity

We believe in fairness, honesty, and consistency in our decision-making and communications.

## Respect

We honour and trust our members and seek to understand their needs.

We value teamwork and appreciate our volunteers and supporters.

## Accountability

We deliver on our promises and never make the same mistake twice.

We willingly accept the responsibility that we have to our members.

## Excellence

We set high standards of achievement and service. We strive for exceptional leadership in management, in communications, and in education for our members.

## Citizenship

*We are privileged to play Ultimate in Toronto* and we reciprocate this honour through stewardship in the community.

We welcome all residents and visitors to be a part of our success.

## Fun

Our Ultimate belief is enjoyment of the sport. We uphold the 'Spirit of the Game' and endorse an environment that nurtures cooperation and sportsmanship.





**SEE YOU ON THE FIELD**



2005 UPA Club Championships: Furious George - Open Division Champions

photo: Scobel Wiggins

# **TORONTO ULTIMATE CLUB'S PREFERRED APPAREL SPONSOR**



- \*FREE GAIA MEMBERSHIP (SAVE UP TO 25%)
- \*FREE \$10 gift CERTIFICATE
- \*LEAGUE AND TOURNAMENT PRIZES

Call today for your team order price quote  
SALES@GAIAULTIMATE.COM  
WWW.GAIAULTIMATE.COM  
604-707-1088



**A**UGUST 2007 MARKS THE RETURN OF THE CANADIAN ULTIMATE CHAMPIONSHIPS (CUC) to Toronto after a ten-year absence. 60 teams in five divisions (Open, Women's, Co-ed, Juniors and Masters) will come from Victoria to Halifax to compete at the CUC, also known as Canadian Nationals. As the qualifier for the 2008 World Ultimate & Guts Championships in Vancouver, Canada's top Ultimate teams will have extra motivation to prove themselves as the country's best.



## Travelling

The thrower must establish a pivot at the appropriate spot on the field and may not change that pivot until the throw is released. Failure to do so is a travel and results in a stoppage of play and a check. The continuation rule applies.

1. The thrower must keep all or part of the pivot in contact with a single spot on the field. If the thrower loses contact with the appropriate spot, the thrower has travelled.

2. Whenever a pivot spot is defined in the rules and the thrower fails to establish contact with that spot, the thrower has travelled.

3. If a player speeds up, changes direction, or obviously takes more steps than are required to stop after catching a pass and before establishing a pivot, that player has travelled.

4. If an offensive player, after receiving a pass on the run, releases a pass after the third ground contact and before coming to a complete stop, that player has travelled.

5. A defensive player who establishes possession of the disc becomes the thrower, but may not throw the disc before establishing a legal pivot. To do so is a travelling violation.

6. Exceptions:

a) A non-standing player may lose contact with a pivot point in order to stand up without a travelling violation provided there was no previous throw or fake attempt.

b) It is not a travel in the case where the thrower has just received a pass and is throwing before the third ground contact.

*Also the noble ambition to fly anywhere in the world for some good ultimate competition.*

After qualifying at their Regionals, each team at CUC will play eight or nine games between Thursday and Saturday. A two-day round-robin pool play will determine seeding for playoffs. The top eight teams from each division will then enter a single-elimination playoff bracket on Saturday with the top two teams remaining from the Open, Women's and Co-ed divisions playing in their respective Finals on the Sunday. The Juniors and Masters divisions have their Finals Saturday afternoon.

In addition to being Canada's largest and most diverse city, Toronto is also home to the defending Open and Women's Champions, *GOAT* and *Lotus*. The two teams hope to be playing Sunday with lots of local support.

Teams also competing for a finals berth are perennial powerhouses like *Furious George* from Vancouver and *Stella* from Ottawa. *Furious George* and *Capitals* (a mix of *Stella* and *Lotus*) recently competed against North America's best at the Ultimate Players Association Finals in Sarasota Florida, placing 2nd and 7th, respectively.

Stated Josée Guibord, one of the captains of *Lotus*, "Since the number of high level tournaments in Toronto has decreased in the last few years, [*Lotus* is] thrilled to have this very important Worlds qualifying event in Toronto! There is nothing like having the home crowd cheering for you when you are on the field."

After speaking with some of the organizers, Josée is sure that CUC 2007 will be "a classy, well run event" and *Lotus* "can't wait to be there."

The CUC 2007 Organizational Committee, headed by Alison Fletcher and Kurtis "Blue" McClellan, has secured Sunnybrook Park as this year's venue. Home to TUC's Midseason and playoff tournaments, Sunnybrook Park has a long history of Ultimate having hosted past CUCs, as well as the 1991 World Flying Disc Federation (WFDF) World Club Championship. Right in the heart of the Toronto, Sunnybrook will allow an estimated 1,000 competitors to play side-by-side at the same venue, while still remaining close to many of the City's famous sights.

With the tournament near on the horizon, several sub-committees have already begun preparations to provide an exciting event for both players and spectators alike. The mix of high caliber Ultimate combined with off-the-field activities planned in conjunction with the tournament will ensure there is something for everyone. A CUC feature will be the "Ultimate Village" with events, services and merchandise for participants to peruse during breaks in the action.

*While many of the organizational positions are already filled, the Tournament Director and Webmaster positions are still open.*

The incumbent Tournament Director will be a non-player — experience running sporting and/or tournaments/events will be helpful.

The Webmaster will be in charge of updating the Website both prior to and during the event. Volunteers are also required for score keeping, water/food delivery and party management.



If you are interested and want to be part of a fun and friendly group of people, email [Alison@canadianultimate.com](mailto:Alison@canadianultimate.com) or [Blue@canadianultimate.com](mailto:Blue@canadianultimate.com), and check [canadianultimate.com/cuc/2007](http://canadianultimate.com/cuc/2007) for the latest information.

— Juan Gomez

## Varsity Centre – The University of Toronto, St. George Campus

Currently boasting the best state-of-the-art covered field in downtown Toronto, the Varsity Centre is an excellent, world-class facility for local, provincial, national and international events.

The Varsity Centre – which includes a 5,000-seat stadium, 400m eight-lane track, state-of-the-art artificial turf and a bubble for winter use – is a sport and recreation complex like no other.

TUC is hosting Monday night Co-ed in Winter 2007 at Varsity Centre and hopes to offer more leagues here in the future.

Team registration for this inaugural downtown opportunity quickly sold out.

## Metro Sports Centre – Scarborough

A fully integrated year round recreational facility, the Metro Sports Centre is located in the heart of Scarborough, within minutes of Highway 401. The state of the art 50,000 sq. ft. complex includes two large indoor soccer pitches covered in SportsTurf, outfitted with FIFA approved fibres.

A perfect venue for indoor ultimate.

New to TUC in 2006–2007, over 140 games will be played during the winter season.

## Downsview Hangar – North York

The Hangar is one of Canada's largest sporting facilities, located at the former Downsview Air Base, south of Sheppard Ave. between Keele St. and the Allen Expressway.

The Hangar offers four indoor 105' x 165' infill turf fields, bleacher seating, locker rooms and showers, and five indoor beach volleyball courts.

Downsview has hosted many TUC learning clinics and indoor tournaments in its 5 year relationship with the TUC.

## indoor results – winter

### Monday Men's League

Tier 1—Mandrew  
Tier 2—O'Toole's

### Tuesday Co-ed League

The Wonders

### Thursday Co-ed

Tier 1—Buck Naked  
(left & below)  
Tier 2—Norwood



## indoor results – fall co-ed



Tuesday League  
Big Hammers GFY (top left)

Thursday League  
Tier 1—The Mutt (middle left)  
Tier 2—Duck the Fog (bottom)





# OUTDOOR CHAMPIONS—FALL

Men's League  
Gristle

Women's League  
The Jane Logans (right)



Photo : TUC



Co-ed League

- Tier 1—Red October
- Tier 2—Mad Flanders (top right)
- Tier 3—DIRT
- Tier 4—Dark Force
- Tier 5—Les Chapeaux
- Tier 6—Hazardous Play

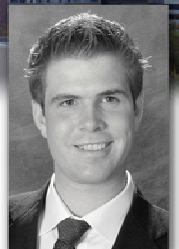


5 Time Champion — Red October



## Your Ultimate partner in Real Estate

When it comes to buying or selling homes in Toronto  
James Dempster will give you a competitive edge.  
Call James Dempster for all your real estate needs.



**James Dempster**  
Sales Representative





## The Principle of Verticality

All players have the right to the space immediately above them. Thus, a player cannot prevent an opponent from making an attempt on a pass by reaching over an opponent. Should contact occur before the outcome of the play is determined, it is a foul on the player restricting the vertical space.



## Blocking Fouls

1. When the disc is in the air, players must play the disc, not the opponent. A player may not move in a manner solely to prevent an opponent from taking an unoccupied position via an unoccupied path.

a) Contact resulting from playing the opponent is a foul on the blocking player.

b) If adjacent opposing players simultaneously vie for the same unoccupied position, the contact is considered incidental and is not a foul.

2. When the disc is not in the air, players may not take a position that is unavoidable by a moving opponent when time, distance, and line of sight are taken into account. Contact resulting from a player taking an unavoidable position is a foul on the blocking player.



# TUC SHOP. admin@tuc.org

Now accepting Visa, MasterCard, INTERAC online.

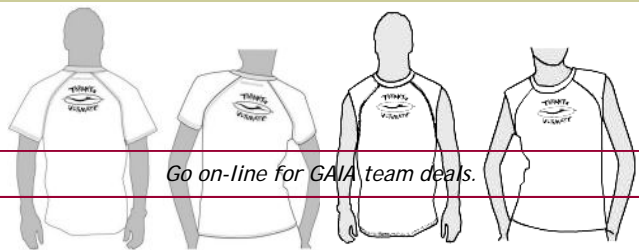
— Visit [www.tuc.org](http://www.tuc.org) for more selection —

1185 Eglinton Ave. East, Suite 703  
Toronto ON M3C 3C6

Phone: (416) 426-7175  
Fax: (416) 426-7153

Short Sleeved Shirts — \$ 25.00  
Sleeveless Shirts — \$ 22.50

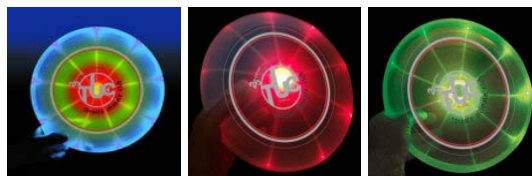
Colours : Black, White, Red, Mango, Forest, Beige, Iris, Navy.  
Sizes for Men & Women, S—XL



## flashflight™ Fully Illuminated Flying Disc!!!

Colours : Disco, Red, Blue, Green

\$ 25 — \$30



Ultimate Clipboard — \$ 20.00



Whiteboard on the back, printed with a field layout and more to help diagram plays and keep track of the game.

Whiteboard marker & eraser included.

Daredevil Discs — Starting from \$ 10.75  
*Preferred Disc of the TUC*

Too many colours to list!



GAIA Cleats — Starting from \$ 65 +tax (TUC members)



G4 Outdoor  
\$ 97.50

G4 Indoor  
\$ 75.00



Sky  
\$ 85.00



Vapour  
\$ 65.00



Flame  
\$ 85.00

# TUC MAIN GOALS & KEY STRATEGIES

The Toronto Ultimate Club will achieve its Vision through perfect execution of its Mission.

The Mission is accomplished by setting goals to which our efforts are aimed.

Key Strategies are specific things that we can do to reach these goals.

Our Values guide our behaviour in this pursuit of the TUC Vision.

## **Goal 1: Provide the Highest Quality Ultimate Leagues & Programs**

Strategy 1: Secure the highest quality of 'Ultimate' fields that fulfill league capacity

Strategy 2: Enhance Club administration, governance and services

Strategy 3: Maximize product offerings and membership value

Strategy 4: Long-term field development initiatives

Strategy 5: Ensure financial viability and sustainability of the Club

## **Goal 2: Development of Ultimate Players**

Strategy 1: Establish a premier Juniors Program in the GTA

Strategy 2: Provide organized coaching and educational programs

Strategy 3: Improve skills, comprehension and SPIRIT of the Game

Strategy 4: Support and enhance high competition players and programs

## **Goal 3: Club Social Activity**

Strategy 1: Cultivate a sense of community and loyalty within the Club

Strategy 2: Provide world-class events

Strategy 3: Advance volunteers program in recruitment, support and appreciation

## **Goal 4: Enhanced Community Involvement**

Strategy 1: Establish a network of communications and alliances

Strategy 2: Promote awareness of TUC and the sport of Ultimate

Strategy 3: Build corporate partnerships/sponsorships